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THE HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, delivered in the Department of Agriculture period of the National Farm and Home Hour, Monday, January 25, through a network of 46 NBC associate radio stations.

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How do you do, Homemakers!

Do you remember when the new edition of our bulletin "Food for Children" came from the press in the fall? I'm sure those of you who are mothers remember because so many of you wrote at once for a copy. Well, anyway, soon after it was published a man wrote to me something like this: "I was interested in reading your bulletin and in recalling the information given to my wife and me a number of years ago when our children were small. We were at one of the northwestern State Universities then, and were in touch with one of the best sources of information on child nutrition at that time. I see, though, that this business of feeding children has changed considerably in a generation, and so I want my daughter to have a copy of this new government bulletin as a guide in planning the diet of my young grandson". That grandfather was quite right. This business of selecting food has been changing to keep apace with the science of nutrition. When that man's children were babies, vitamins had not even been discovered. Of course there were vitamins even though science hadn't discovered them, and children who got a variety of wholesome foods thrived just as well then as now. But you see there was so much chance about it. Now when we are planning meals for our family, you and I, we don't just think at random "What shall we have to eat at our house today?" We have in the back of our minds some "Whys" and "Becauses" to help us in our selection.

And it is some of these whys and because that I'm going to tell you about today and on several other Mondays. If it is your habit to listen in during each Household Calendar (they're always on Monday now, you know, every Monday except the second one in the month), if you always tune in, you may want to come prepared to jot down some of the things I'm going to tell you. Not recipes, -- just some interesting facts. A notebook or some cards for your file would be handy. As I tell you these things, you will find that they answer some of the questions that have been troubling you: What and how important are vitamins? How many are there? What foods contain the different vitamins? Are the vitamins in cooked food the same as in raw? What minerals must we get in our food, and in what foods shall we find them? And so on. Someone wrote us a while ago for information of this kind and finished off the letter like this: "Please refer this to someone who really knows. Don't ask just any schoolboy". Now I am bringing you information from people who really know, scientists at work in their laboratories, specialists each in her own line.

To begin with vitamins. There are at least six of them (you see I am playing safe in saying "at least six". Some day we may have to add to the list. These six have been discovered you know one by one.)

Our health depends upon five of the six vitamins. They seem somehow to regulate certain processes in our body. Like many other valuable and handy

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things in life, we don't appreciate vitamins except when they are missing! As long as we are eating foods that contain these elusive and necessary substances we are likely to give them no attention. But when one of them is lacking in the diet, or when we are getting scarcely enough of several of them, something will happen to warn us. This is why we so often speak of vitamins as "preventing disease" instead of as "protecting health." Just take vitamin C for example. Without it we would develop scurvy, a painful inflammation of the joints, accompanied by sore gums and finally by loosening of the teeth. Of course, you and I have such a varied diet that we are almost bound to eat some foods with at least a little vitamin C, and so we are protected from such a serious condition as I just described. But years ago sailors did get just as bad off as that when they carried no fresh food on ships taking long slow voyages. But we might nowadays have certain symptoms caused by too small a quantity of vitamin C -- we might have poor teeth and not know just why, or feel tired and drag around, and call our trouble spring fever. As a matter of fact, many times when we feel we are just not up to par, and are inefficient because of lack of pep, we need to consider our diet carefully. You have heard about people who live to eat, and of course all of us eat to live, but do we all eat the right foods to keep us well and on our toes, nutritionally speaking?

We'll be thinking more about this next Monday. I feel like saying "To be continued in our next issue", but instead: Goodbye Homemakers, until next week.